

LIFE'S LIKE THAT By FRED NEHER



"He waited six months to ask me for a date... he can wait another twenty minutes!"

WIFE SAVERS

By BARBARA DUFFY
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Home Economist



With spring in full bloom, colorful foods from the grocer's produce counters can add zest and variety to luncheon and dinner menus.

To preserve color and nutritional content, vegetables should be cooked in a covered utensil with as little water as possible. Seldom more than one half cup, and preferably only one-fourth cup of water is needed. Spinach and other leafy greens require only the water which clings to leaves after washing.

Bring the vegetables to steaming on high, then turn down to low to finish cooking. The lid will spin when the vegetables are steaming. Most vegetables will finish cooking in 15-20 minutes. The automatic surface unit is also perfect for cooking vegetables. Set the dial once, at a low boil, and the unit automatically maintains proper cooking temperature.

For serving vegetables, melted butter with lemon juice or toasted almonds added will give that little extra touch of flavor. A delicate hollandaise sauce is delicious on broccoli or asparagus. Here is a quick and easy recipe for hollandaise that can be prepared just before serving.

BLENDER HOLLANDAISE
4 egg yolks 2 tbsp. hot water
1/4 lb. butter, melted 1/2 tsp. salt
2 tbsp. lemon juice Cayenne pepper

Place egg yolks, lemon juice and hot water in blender container. Cover and blend 20 seconds. Add melted butter slowly while blender is operating at low speed. Pour into small saucepan, add a dash of cayenne pepper and cook over low heat, stirring until sauce is thick and smooth. Serve immediately over 1 lb. of vegetables.

NOTE: The leftover egg whites can be placed in a small covered container and frozen for later use.

A variety of herbs spice up the following recipe for green beans.

GREEN BEANS WITH MIXED HERB BUTTER
1 lb. green beans 1/4 cup minced celery
1/4 cup butter or 1/4 cup snipped parsley
margarine 1/4 tsp. dried rosemary
3/4 cup minced onions 1/4 tsp. dried basil
1 clove garlic, minced 3/4 tsp. salt

Wash beans; remove ends. Cut crosswise into thin, slanted slices. Cook in covered saucepan with 1/2 cup water about 15 minutes, or until tender; drain if necessary. Meanwhile, melt butter in saucepan on medium heat setting. Add onions, garlic and celery and saute 5 minutes. (A blender is an easy way to mince the vegetables.) Add the rest of the ingredients and simmer, covered for 10 minutes. Toss well with beans. Serves 4.

Fresh fruit desserts are a nutritious finale to any meal. Strawberries, in particular, are abundant in the markets. To make a hit with your family or guests, serve this delicious dessert.

STRAWBERRY-GLAZED CHEESE PIE
1-8-inch baked pie shell Filling:
1-8-oz. pkg. cream cheese
1/2 cup sugar
3 cups fresh strawberries 1 tsp. grated orange peel
1 cup sugar 2 tsp. orange juice
2 tbsp. cornstarch 2 tsp. light cream
3 cups fresh strawberries

To make glaze, gently wash berries in cold water; drain; hull. Crush berries with potato masher, or an electric blender works beautifully, and combine them with sugar and cornstarch in a medium size saucepan. Over low heat, bring to boiling, stirring constantly. Mixture will be thickened and translucent. Cool. Meanwhile, make filling; let cream cheese warm to room temperature. In a medium bowl, with electric mixer, beat cheese, sugar, orange peel and juice, and light cream until light and fluffy. Then spread in the baked, cooled pie shell. Gently wash berries in cold water drain and hull. Arrange evenly over cream cheese mixture. Pour cooled glaze over berries. Refrigerate until chilled—this will take about 3 hours. Serve with whipped cream, if desired. Makes 6 servings.

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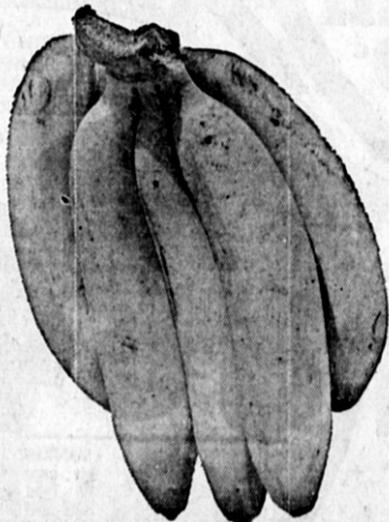
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